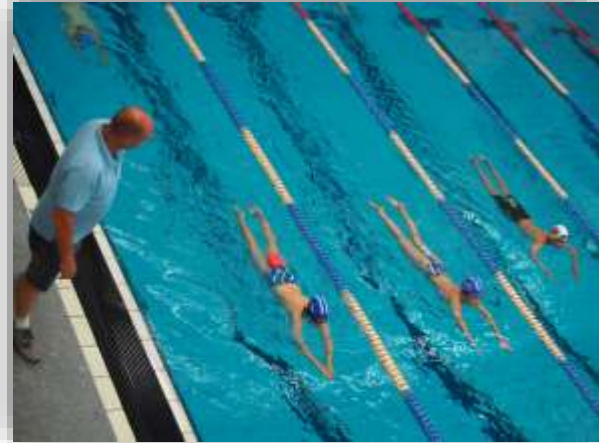


Managing Athlete Training Load

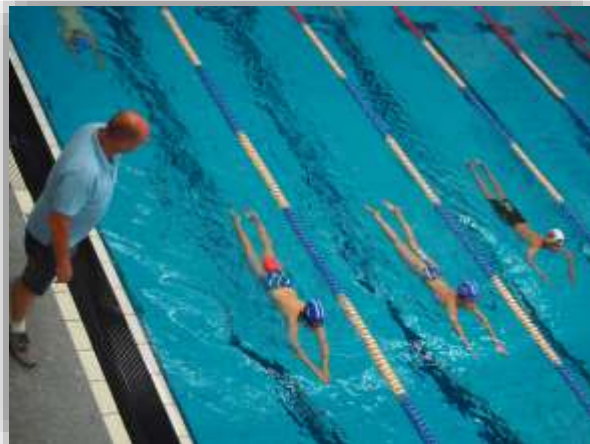
In swimming, overloading refers to a training principle used to improve performance and fitness by progressively increasing the intensity or volume of training. Sensible overloading plays a crucial role in helping athletes achieve their goals.



Managing Athlete Training Load

Changes in:

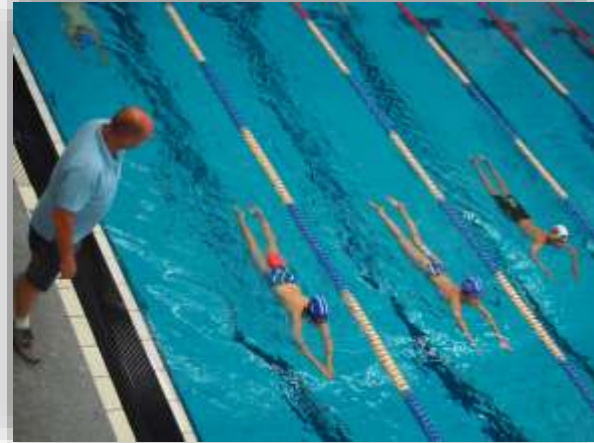
- Intensity
- Volume
- Frequency
- Progressive overload
- Recovery
- Periodisation



Managing Athlete Training Load

Remember that overloading should be applied gradually and progressively to avoid injury and burnout.

It's also essential to balance overload with proper nutrition, hydration, and recovery to support swimming performance and overall well-being.



Planning

Annual

- Create a spread sheet of the annual calendar
- Insert the major competitions and events.
- Identify preparation periods for the year leading to each major competition.
- Break the preparation up into phases
- Perhaps 4 phases
 - Introductory
 - Aerobic Development
 - Anaerobic Development
 - Taper/Race or Competition Readiness



Planning

Periodization of each phase.

- Determination of development priority of the phase.
- Total number of weeks.
- Training objective of each week.
- Training cycle for the week (desired training effects of each workout).
- Plan the training set detail within each workout.



Planning

Monitor the progress of the plan

Record

- All training sessions
- Volumes: of various components and intensities.
- Results of particular sets.
- Plan and record test sets which are to be repeated.
- Results at competitions as athletes progress through the preparation.

Are you doing what you planned to do?

Is your plan working?



Long Term Athlete Development - Planning

Indicator Age Range	Pathway Swimmer Development Categories
9 – 12 years	Junior “Laying the Foundations”
10 – 13 years	Advanced Junior “Reinforcing and Expanding the Foundations”
12 – 15 years	Age Development “Building on the Foundations”
14 – 17 years	Age Performance “Building the Framework for the Present and the Future”
16 - 20+ years	Senior Performance “Transitioning from Age to Senior Performance” High Performance “Projecting to International Performance Standards”

Junior

“Laying the Foundations”

Indicator Age Range – 9 to 12 years

2 to 4 sessions per week

1 - 1.5 hours per session

Basic dryland

- Range of motion
- Coordination
- Movement Patterning
- General athleticism
- Game play
- Enjoyment



MENTOR POD

Advanced Junior

“Reinforcing and Expanding the Foundations”

Indicator Age Range – 10 to 13 years

4 to 6 sessions per week

1.5 - 2 hours

Dryland group exercises based on

- Range of motion
- Core
- Circuit
- General athleticism
- Activation exercises
- Game play
- Enjoyment



MENTOR POD

Age Development

“Building on the Foundations”

Indicator Age Range – 12 to 15 years

5 to 7 Sessions per week

1.5 - 2 hour sessions per week

Introduce strength and conditioning programs using resistance – weights etc

Dryland group exercises based on

- Range of motion
- Core
- Circuit
- Activation



MENTOR POD

Age Development

Planning Considerations

- Technique all strokes
 - apply a higher level of rigor to stroke mechanics and technique execution.
- Technique efficiency focus
 - Stroke length, stroke count, stroke rate and their relationship to times.
- Volume becomes a pivotal consideration
 - session, weekly and entire preparation
 - 1,200 to 1,600 km/year



Age Development

Planning Considerations

- Continued IM focus
- Improve kick and pull capability
 - Speed and endurance
- Master all stroke drills to high standards of execution
- Improve kicking and pulling training performance
 - Introduce major sets



Age Development

Planning Considerations

- Master pacing in training
- Speed development
- Compete across a range of events
 - 50 to 400m – 1,500m



Age Development

Planning Considerations

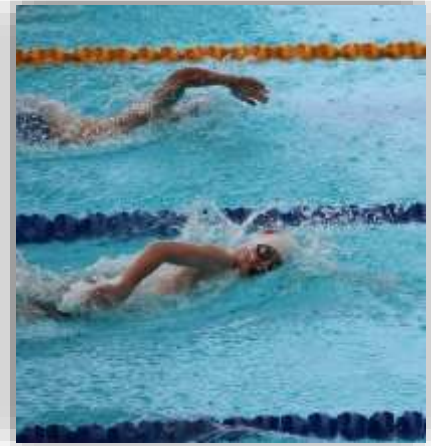
- Develop and become accomplished at swimming to race plans
- Enjoyment
- General strength & conditioning
 - Free body weight exercises and movement (pilates)
 - Circuit training
 - Introduce basic weight exercises at the point appropriate to the physical development of the individual



Age Development

Planning Considerations

- Periodisation of preparation plan and weekly cycles
 - introduce multiple sessions daily
- Physiology of training becomes training more important:
 - to improve aerobic capacity/power
 - to improve anaerobic capacity/power



Age Development

Preparation/Season Plan - Periodisation			
Week beginning	Week	Phase	Competitions
13/09/2021	Week 1	Introductory	
20/09/2021	Week 2	Introductory	
27/09/2021	Week 3	Aerobic Development	Competition 1
4/10/2021	Week 4	Aerobic Development	
11/10/2021	Week 5	Aerobic Development	
18/10/2021	Week 6	Aerobic Development	Competition 2
25/10/2021	Week 7	Transition Week	
1/11/2021	Week 8	Specific Development & Competitive	
8/11/2021	Week 9	Specific Development & Competitive	
15/11/2021	Week 10	Specific Development & Competitive	Competition 3
22/11/2021	Week 11	Specific Development & Competitive	
29/11/2021	Week 12	Specific Development & Competitive	Competition 4
6/12/2021	Week 13	Race Preparation	
13/12/2021	Week 14	Race Preparation	
16/12/2021	Week 15	Competition Starts	Major Competition



MENTOR POD

Week 4 - Aerobic Development Phase 2nd Week (7 sessions)

Tuesday PM

Warm Up

400 fs/bk 50s

8x75fly 1.30 (25k,25dr,25sw) fins

200fs build each 50

Speed Set

3x(4x25 on 60 as 15 push fast, 20 push fast, 20 push fast, 25 dive fast, 150 recovery). Sets 1&3 fly, 2 fs

Aerobic Set

6x200fs on 3.00 (HR 40bbm)

3x(4x50fs on 60 @ 200 pace +4sec, 100 on 2.00 mod)

Kick Set

3x(4x25k on 30, 2x50 on 65, 1x100 on 2.15 (all as fast as possible)

Skill 15min butterfly turns

Duration 1 hour 50 minutes to 2 hours approximately

Week 6 - Aerobic Development Phase 4th Week (7 sessions)

Tuesday PM

Warm Up

500 as 100fs/100im

10x50fly fins on 55 odds 25 drill/25 swim, evens 50 swim 1st 6 strokes no breathing

300 as fly/fs 25s

Speed Set

2x(6x25 on 60 15 push fast, 20 push fast, 20 push fast, 2 x 25 dive fast 150 recovery) sets 1&3 fly, 2 fs

Aerobic Set

2x200fs on 3.00 (HR 40bbm)

4x150 on 2.00

5x100 on 1.30

3x(3x50fs on 60 @ descend 200 pace +4sec, +3sec, +2sec plus 50 on 1.30 mod)

Kick Set

3x(4x25k on 30, 2x50 on 60, 1x100 on 2.10 (all as fast as possible)

Skill 15min fs and fly starts

Duration 2 hours approximately



MENTOR POD



GOLD CLASS SWIMMING

Week 4 - Aerobic Development Phase 2nd Week (7 sessions)

Friday PM

Warm Up

8x50 on 60 1-4 fs/bk(25s), 5-8 fs/br(25s)

4x100 on 1.50 as IM

2x200 on 3.30 1st as bk/br(50s), 2nd as IM

Speed Set

2x(6x25 on 60 as 1-3fly, bk, br, fs 20m fast, 200fs mod)

Speed Endurance

8x50 as dive 35s on 1.45-2.00 IM order 2fly, 2bk, 2br, 2fs

Pull Set

5x200fs on 3.15 pull buoy and small paddles breathe 5s

4x100 bk on 2.00 band only

4x50 br/fs 25s on 1.10 band and pb (no fly kick)

8x25 fly on 45 pull buoy brth every 4th stroke

Butterfly technique for remaining time

Duration 2 hours

Week 6 - Aerobic Development Phase 4th Week (7 sessions)

Friday PM

Warm Up

4x100 on 1.45 1&2 fs/bk(50s), 2&4 fs/br(50s)

2x200 3.30 as IM

2x300 on 5.15 1st as 150fs150fly/bk/br (50s)

Speed Set

3x (4x25 fast on 1.10 set 1 as 2fly/2fs, set 2 as 2bk/2fs, set 3 2br/2fs odds dive evens push 200fs mod)

Speed Endurance

8x50 IM order at 200IM pace on 1.30, dive fly push bk/br/fs

Pull Set

4x300fs on 4.30 snorkel, pull buoy and band breathe 2,4,6

2x150 1st fs/bk/fs(50s) on 2.30 2nd fs/br/fs on 2.45 pull buoy and band

8x50 fs band only at 44-46 stroke rate on 1.15 breathe 4s

4x(3x25fly fast on 40, no breathing 1st 4 strokes, 1x25 bk moderate 30)

200 swim down

Duration 2 hours (5.2km)



MENTOR POD



Week 4 - Aerobic Development Phase 2nd Week (7 sessions)

Saturday AM

Warm Up

400fs swim with snorkel (distance per stroke)

4x100 1.45 25fly75fs

8x50 on 50 6strokes fly fast (NB) moderate fs

2x(4x25 on 40 fly kick fast, 4x25 on 30 fly fast, 100 fs on 2.00 mod)

Aerobic Set (AMI to AHI)

400fs 6.00 HR 40bbm, 300fs 4.30, 200fs 3.00, 100fs 1.30

4x100 on 2.00 25fly 75fs HR30-20bbm

8x50 on 60 6 strokes fly/fs fast

12x50 kick fast on 1.30

200 recovery

4x200fs pull 3.15 pull buoy and snorkel moderate pace (dps)

Streamline push into uw power kick

Duration 2 hrs (5.6km)

Week 6 - Aerobic Development Phase 4th Week (7 sessions)

Saturday AM

Warm Up - 4x100fs pull pull buoy 1.35

2x200fs fins on 3.00 focus 6 beat, hip stability, trunk rotation, arm timing, DPS

12x25fs on 40 1-4 mod, 5-8 solid, 9-12 fast focus on above factors

4x50 on 60 descend 1-4(pb +4) technique control

Aerobic Set (AHI)

(200fs on 3.00 40bbm

(3x100 on 1.45 30bbm

2x (3x50 on 60 200 pace +3sec

(150 recovery 2.30

8x100 fins kick fast on 2.00 50fly/50fs

300 backstroke

500 fs pull 8.30 pdls, pb, band breathe 4s

4x50 fins fly 60 rhythm and timing DPS

4x100 fs pull 2.00 pdls and band DPS

4x50 fins fly on 60 rhythm and timing DPS

Dives into uw power kick 20m

Duration 2 hrs (5.5km)



MENTOR POD



GOLD CLASS SWIMMING

Long Term Athlete Development - Planning

Indicator Age Range	Pathway Swimmer Development Categories
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Age Performance

“Building the Framework for the Present and the Future”

Indicator Age Range – 14 to 17 years

7 to 10 sessions per week

1.5 - 2 hours (majority)

Dryland - group and individual exercises based on:

- Range of motion, free body weight exercises and movement, Core, Circuit, Activation



Age Performance

Annual Commitment

- Really committed competition athletes
- Training all year round
- Personal management becomes more important
- Education/schooling demands influence planning for the older teenagers
- Plan holidays around training and racing



Age Performance

Planning Considerations

- Continue technique improvement. Efficiency focus especially consolidating stroke length.
- Skills execution under pressure
- IM approach to training, balanced with individual event preference
- Profile group and the individual
- Increase volume and maintain consistency
- Periodisation is central to all training plans
- Competition planning is central to periodisation
- Physiology of training now a major focus



Age Performance

Planning Considerations

- Workload management important
- Race pace training scheduled more frequently and coincides with the transition to more specific event preference
- Training intensity is magnified aerobically and anaerobically
- Build aerobic and anaerobic capacities
- Train aerobic and anaerobic power
- Recovery sessions and recovery/adaptation periods are specifically planned



Age Performance Planning Considerations

- Match competitions with periodisation
- Individual considerations with growth and development
- Begin to differentiate type of training based on individual characteristics
- General transitioning to Individual strength & conditioning



Age Performance Annual Plan

Preparation 1 – Short Course
15 weeks – May to Aug

Preparation 2 – State LC
15 weeks - Sept to Dec

Preparation 3 – Summer / National LC
15 weeks - Jan to Apr



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Annual Periodisation

Example of 3 Preparations Per Year

1. Short Course or Winter Preparation following main break post major long course competition. Length approximately 15 weeks.
2. Spring/Summer Long Course Preparation following short break post first major long course competition (example State Championships December). Length approximately 15 weeks.
3. Summer/Autumn Long Course Preparation following short break post Christmas leading to major summer long course competition. Length approximately 15 weeks.



Annual Periodisation

3 Preparations Per Year

Short Course or Winter Preparation	Spring/Summer Long Course Preparation	Summer/Autumn Long Course Preparation
2 weeks Introductory Phase	1 week Introductory Phase	
6 weeks Aerobic Development Phase (Lactate Production)	7 weeks Aerobic Phase (Lactate Production, Lactate Tolerance)	6 weeks Aerobic Phase (Lactate Production, Lactate Tolerance)
4 weeks Anaerobic Phase (Lactate Production & Lactate Tolerance)	4 weeks Anaerobic Phase (Lactate Production & Removal)	4 weeks Anaerobic Phase (Lactate Production/Tolerance/Removal)
2 weeks Race Specific Phase (Lactate Production & Removal)	3 weeks Race Specific/Readiness	3 weeks Race Specific (Lactate Production & Removal)
1 week Race Readiness (Taper?)		2 weeks Taper/Race Readiness



Week 1 6 sessions

Introductory Phase

Week 2 7 sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Dryland Aerobic 1&2fs Technique fs Kick 25s No Fins 100s Fins Fly drill/sw					AM Dryland Aerobic 1,2 & 3 (include fly) Kick 50s descending Pull A1 & 2 Starts with breakout
PM Stretching Aerobic 1 & 2 fs/bk Speed Technique bk Pull	PM Dryland Aerobic 1,2 & 3 Speed Technique brst Kick speed 25s mod 50s Fly 25s		PM Dryland Aerobic 2 100/200s Speed Technique fs/brst Pull A2 200/400s	PM Stretching Aerobic 2 (IM) Speed pull/kick Technique fly Kick fins variable distance and velocity UW kicking	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Dryland Aerobic 1 & 2 fs Technique fs Kick 25s No Fins 100s Fins Fly drill/sw			AM Dryland Aerobic 2 & 3 fs/bk Speed fly Technique bk Kick fast/pull variable Skill streamlining		AM Stretcing Aerobic 1,2 & 3 (include fly) 300,2x150,3x100 Kick 50s descending Pull A1&2 Starts with breakout
PM Stretching Aerobic 1 & 2 fs/bk Speed Technique bk Pull	PM Dryland Aerobic 1,2 & 3 Speed Technique brst Kick speed 25s mod 50s Fly 25s		PM Stretching Aerobic 2 100/200s Speed Technique fs/brst Pull A2 200/400s	PM Dryland Aerobic 2 (IM) Speed pull/kick Technique fly Kick fins variable distance and velocity UW kicking	



MENTOR POD



GOLD CLASS SWIMMING

Age Performance

Week 4 of Preparation, Week 2 of Aerobic Development Phase, 8 sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Dryland / Stretching Speed - Fly Aerobic A1&2fs Technique Kick – 1500m descending series UW conditioning		AM Dryland / Stretching Technique fly Speed fly Aerobic A2 pull fs 200+ repeats, brth control Skill – s/lining into uw kick	AM Dryland / Stretching Speed main stroke Aerobic A1&2 – over distance Technique bk Kick 1500 50/100s Skill		AM Dryland / Stretching Speed IM Aerobic: Fs A2&A3 touch AT Kick 1200m main stk 100's descending series Technique Starts with breakout
PM Dryland/Stretching Speed – FS and Fly Technique FS Aerobic: FS A2&A3 touch AT Pull 50/100s pb/pdls	PM Dryland/Stretching Speed kick 25s La Prodn2x(2x25,1x50) Aerobic A1-3 IM Skill bk-br turns UW kick speed		PM Dryland/Stretching Fly set fins 50s Aerobic A3 IM (FRIM) 1200-1500m Fs Pull pb&pdls A2 400 to 100 to 400	PM Dryland/Stretching Aerobic 2 (IM) in WU Speed Pull main stk La Prodn main stk As 9x50 desc 1-3 Aerobic A1&2 snorkel dps	



MENTOR POD



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Dryland / Stretching Speed - Fly Aerobic A1&2fs Technique Kick – 1500m descending series UW conditioning		AM Dryland / Stretching Technique fly Speed fly Aerobic A2 pull fs 200+ repeats, brth control Skill – s/lining into uw kick	AM Dryland / Stretching Speed main stroke Aerobic A1&2 – over distance Technique bk Kick 1500 50/100s Skill		AM Dryland / Stretching Speed IM Aerobic: Fs A2&A3 touch AT Kick 1200m main stk 100's descending series Technique Starts with breakout
PM Dryland/Stretching Speed – FS and Fly Technique FS Aerobic: FS A2&A3 touch AT Pull 50/100s pb/pdls	PM Dryland/Stretching Speed kick 25s La Prodn2x(2x25,1x50) Aerobic A1-3 IM Skill bk-br turns UW kick speed		PM Dryland/Stretching Fly set fins 50s Aerobic A3 IM (FRIM) 1200-1500m Fs Pull pb&pdls A2 400 to 100 to 400	PM Dryland/Stretching Aerobic 2 (IM) in WU Speed Pull main stk La Prodn main stk As 9x50 desc 1-3 Aerobic A1&2 snorkel dps	

Week 2
8 sessions

Aerobic
Development
Phase

Week 5
8 sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Dryland/Stretching Speed – Fly 6x20, 4x25, 2x30 Aerobic A2 fs 8x400SR control breathing Technique focus for set Kick – 1800m descending series UW conditioning fins > 25s		AM Dryland/Stretching Technique fly Speed fly Aerobic A2 pull fs 200+ repeats, breath control & fly in/out of turns Skill – turns into uw kick (conditioning) Quality kick 50s/100s up to 1200m	AM Dryland/Stretching Speed main stroke pull band only Aerobic fs A3,AT to V02 1500 to 2000 Technique Kick combination A3 50s and vertical kick Skill – push off into breakout		AM Dryland/Stretching Speed IM Aerobic: Fs and main stk 200 pace 50s, 100s V02, 150s A2 1500m Kick 1500m main stk 100's descending series Technique Starts with breakout Fs pull snorkel 1000 A1/A2
PM Dryland/Stretching Speed – FS and Fly Technique FS Aerobic: FS A2&A3, AT major (200s,150s,100s) Pull 50/100/150s pb/pdls/band	PM Dryland/Stretching Warm up fs/main stk Speed main stk 20s/25s La Prodn main stk 2x(4x25,2x50) Aerobic A2&3 IM 2x(400,300,200,100) Skill IM turns UW kick speed		PM Dryland/Stretching Fly set fins 25/50/75s Aerobic A2 IM (FRIM) 1500 to 1800m Fs Pull pb & pdls A2 400 to 100 to 400	PM Dryland/Stretching Aerobic 2 (IM) in WU Speed Pull main stk Lactate Prodn main stk As 2x(1x30,1x35,1x50,1x75) Aerobic fs A1&2 snorkel and pdls, dps (6x300) UW kick conditioning	



MENTOR POD

Conditioning in the Water

- Thorough understanding of energy systems required
- Improvement of functional capacities
 - Stroke volume
 - Improve gas exchange at the lung and vascular interface
 - Stimulate increases in capillarisation: vascular system, muscle, lungs and heart



Physiological Conditioning in the Water

- Improve power, speed, aerobic endurance and anaerobic endurance
- Train all systems to create these changes
 - Anaerobic –ATP/PC
 - Anaerobic glycolysis
 - Aerobic – all zones A1 to A3, AT to VO2 (also have significant anaerobic contribution)
- Maintain consistent volumes at the appropriate stages of development to drive improvement through physiological change. Strive to reach 1,500 - 2,000 km/year by 15 -16 years of age



Physiological Conditioning in the Water

Indication for Volume Target Progression

- 12 years 20-25km/week
- 13 years 25-30km/week
- 14 years 30-35km/week
- 15years 35-40km/week
- 16+ years 40 plus km/week



Physiological Conditioning in the Water

Between the ages of 12 and 15 years as a general rule train for the 200 and up to 400 events (inc. 400IM)

- Provides aerobic conditioning by improving functional capacities: - cardio-pulmonary, cardio-vascular, capillarisation etc
- Develops anaerobic endurance (ability to sustain speed)
- Develop pacing capacities.
- Assists consolidation of technique.
- Learn to swim fast through efficiency and control – distance per stroke



Physiological Conditioning in the Water

- Training Exposure and Consistency
 - Attendance at a prescribed number of training sessions per week
 - 12 years 5-6 sessions/week (1.5-2 hours)
 - 13 years 6-7 sessions/week (more 2 hours than 1.5 hours)
 - 14 & 15 years 7-8 sessions /week (preferably all 2 hours)
 - 15+ years 8-10 sessions/week (preferably all 2 hours)



Conditioning Out of the Water

- Level and intensity of activity determined according to stage of development
- Lean body mass for performance (considered and managed approach).
- Flexibility (range of movement) routine. Breaststrokes more specific
- Core strength conditioning
- Strength/power training
- Coordination improvement (Pilates/cross training)
- Injury prevention exercises
- Introduction of S&C program with weighted resistance (individualise)
- All programs need to include a dry land program incorporating the above



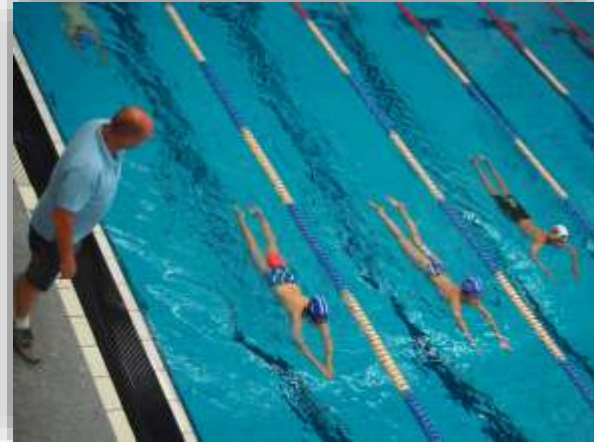
Specificity of Training

- Training for the event and stroke
- Race modelling
- Race pacing
- Race skills
- Usually high intensity training reflecting sections or segments of a race
- Biomechanical orientation often utilizing race analysis data – velocity, stroke counts, stroke rates, splits etc.
- Coaches to develop their own forms of race analysis through the use of video and data collection (don't over complicate).



Looking at Injuries

General discussion about allowing swimmers to swim who maybe injured.

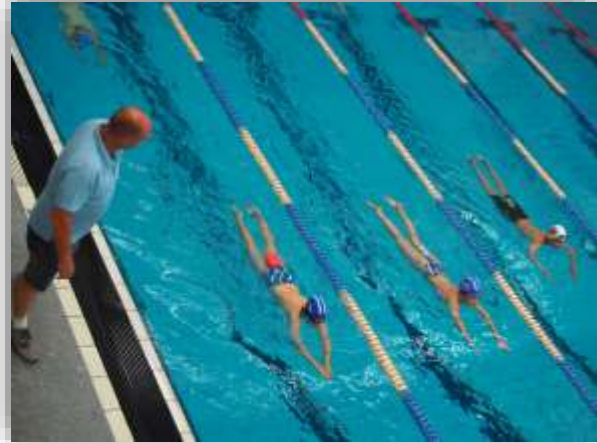


Injury

Duty of care for our athletes
To effect this we need clear
information

Coaches have a good idea
around injuries, but we're not
experts

We have to be sure the injury is
real



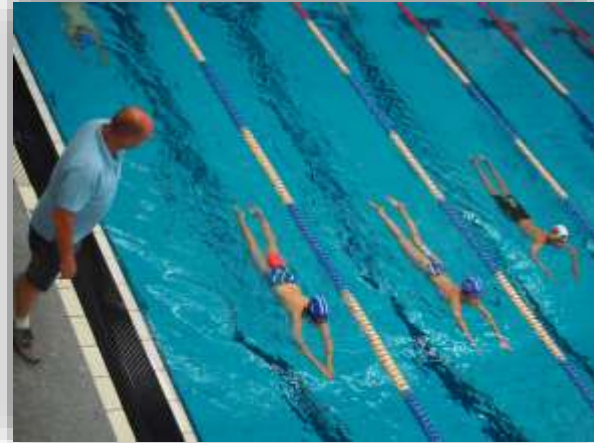
Injury

Professional assessment of injury

- physio / doctor

Once you have this information,
what is the best course of action

Ensure a management plan for
on-going injuries

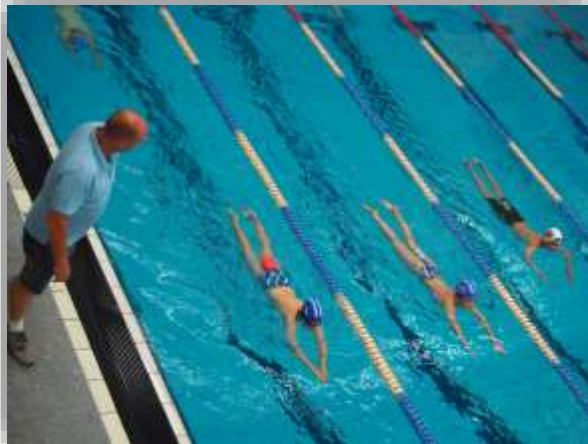


Injury

Example – two athletes with shoulder injuries at once.

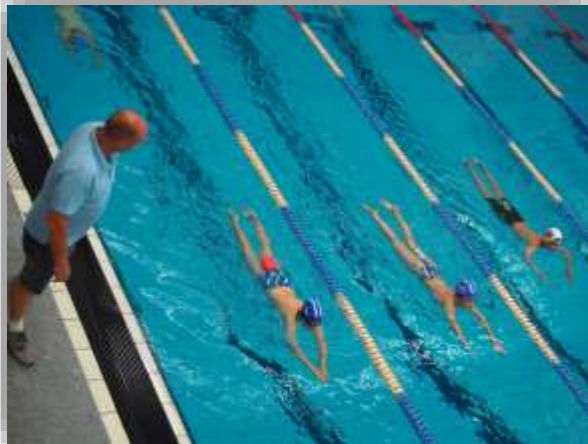
Has increased the load too quickly. Made a change immediately.

You don't want to keep going as can create an ongoing situation.



Injury

Some injuries may require absence from swimming, and some allow athlete to keep swimming – it just depends on the nature of the injury. Gone are the days where everyone needs to be tough, it's about being intelligent and gathering information that you can make decisions.

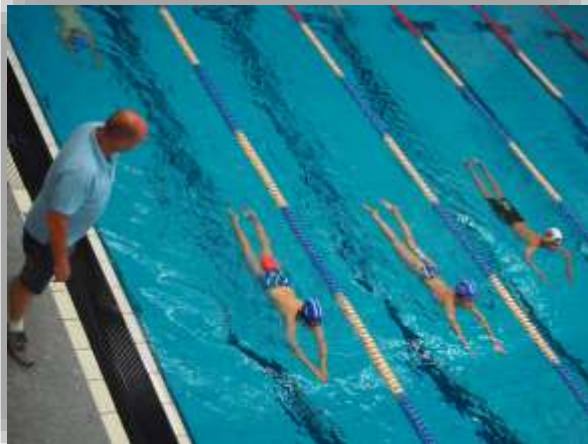


Injury

Need the injury to repair and come back to reasonable levels of training.

Don't get back into things too quickly!

Some athletes seem to get injured regularly and others don't.



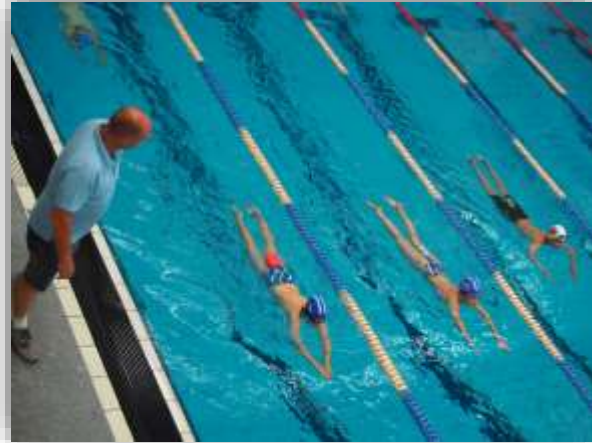
Injury Prevention

Run a prehab type program to prevent / eliminate injury before it occurs.

- strengthen joint structures and minor muscle groups

Eg. Rotator cuff with TheraBand's,

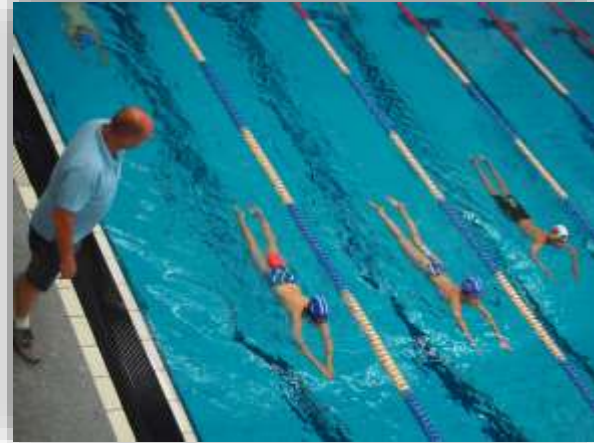
Eg. Breaststroke swimmers – hip and groin areas



Injury Prevention

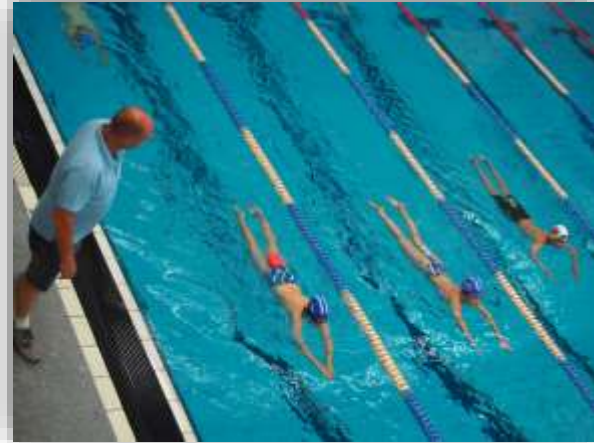
Often those who don't do prehab work and get injured, don't then do the rehab work and end up with long term injuries.

Result is limited in what they can do.



Professional Support

Build relationships with professionals
Have them present to your groups
Refer injured athletes to them
Get feedback from them
Support their recommendations



Professional Support Team

- For Age Performance level the requirements aren't as comprehensive as for "High Performance"
- Key Professionals are:
 - Strength and Conditioning
 - Physiotherapist
 - Medical Practitioner (preferably sports medicine)
 - Sports Psychologist (group focuses more than individual)
- The coach must develop a communicative relationship with each member of the professional support team



Workouts

- Warm Ups – appropriateness, opportunity to include aerobic conditioning.
- Descending Sets versus Straight Sets
- Is there enough continuity and volume in the aerobic sets to create sufficient overload to effect a change?
- Kick and Pull sets – design to elicit improvement.
- Race skills and Pacing
- Fins?



Coaching Day to Day

- Setting of standards – for everything!! Coaches are the creator and the monitor of standards.
- The difference between observation and just looking?
- Do I act on my observations?
 - Identify exactly what requires change.
 - Know how to create the change.
 - Commit to follow through and consolidate change.
- Be a coach not just a timer (use of the stop watch)



Coaching Day to Day

- Planning is paramount - virtually low to no likelihood of success without it.
- Have an awareness of what is required to prepare swimmers at every level.
- What levels of performance can your program prepare athletes to?
- Sourcing swimming (technical and coaching) information
 - Is the author credible?
 - Is the information authentic?
 - Is the information valid?
 - There are no short cuts/no quick fix.



Coaching Day to Day

COMMUNICATION

- How am I communicating with my athletes?
 - Are they responding to me in a positive manner?
 - Does my style of communication attract people to connect with me?
- Do I engage with my parents effectively and often enough?
- We are in an era where everyone wants information – **sooner not later.**



Developing Competitive Swimmers

As age group coaches we are in the business
of long term athlete development

Technique

Skills under pressure

Physical/anatomical development

Aerobic capacity/power

Anaerobic capacity/power

Training skills



Developing Competitive Swimmers

Become effective trainers

Competition skills

Mental toughness

Self management and resilience

Commitment and dedication

Love for the sport

Above all – create good people who are equipped with the skills to be successful in life



**Age group coaches have an enormous
responsibility in preparing young
people for their future as a swimmer
and in life**

We must take our job seriously

